

# MENU WEEK 1

MON

TUES

WED

THUR

FRI

# SPICE IT UP!

TRY SOMETHING NEW WITH  
OUR FLOUR OF THE MONTH

**MAIN**   
LIVE YOUR BEST LUNCH!

Spaghetti  
bolognaise  
with garlic and  
rosemary ciabatta  
(G)

Chicken tikka  
masala with naan  
bread  
(G)  
Pilau rice

Sliced roast  
gammon  
roast gravy  
crispy roast  
potatoes

Turkey and  
sweetcorn pie  
(G,E,Mk)  
New potatoes,  
broccoli and  
sweetcorn

Battered fish fillet  
(G,F)  
Chips and peas  
ketchup

**EDGY VEG**  
MEAT FREE FEASTS! 

Spaghetti with a  
tomato and basil  
sauce  
(G)

Spinach, sweet  
potato and lentil  
dahl naan bread  
(G)  
Pilau rice

Roast vegetarian  
loaf  
(Mk,E,Ce,G)  
Roast gravy  
Crispy roast  
potatoes

Carrot, sweetcorn  
and pepper fritters  
(Mk,E,G)  
New potatoes  
and Broccoli

Cheese and onion  
pasty  
(G,Mk,E)  
Chips and peas

**GLOBAL EATS**  
A WORLD OF FLAVOUR! 

Sweet chilli chicken  
with rice

Meatball ciabatta  
with tomato sauce  
and cheese  
(G,Mk)

Mac N Cheese  
(G,Mk)

Beef ¼ pound  
burger with salad,  
tomato and  
ketchup  
(G,Su,Ce)

**PERFECT PUDS**  
SWEET TREAT! 

Apple and mixed  
berry crumble with  
custard  
(G,Mk)

Chocolate chip  
cookie (G,So,Mk,E)

Jam sponge  
and custard  
(G,Mk,E)

Vegetarian Jelly

Chocolate sponge  
with chocolate  
sauce  
(G,Mk,E,So)

SEPTEMBER  
FENNEL SEED

ITALIAN DAY  
THURSDAY 24TH 

OCTOBER  
TURMERIC

INDIAN DAY  
THURSDAY 15TH 

NOVEMBER  
CARDAMOM

BONFIRE NIGHT  
THURSDAY 5TH 

DECEMBER  
GINNAMON

NATIONAL COOKIE DAY  
THURSDAY 3RD 

LOOK  
OUT

W/C: 12 October, 2<sup>nd</sup> November,  
23<sup>rd</sup> November, 14<sup>th</sup> November

**ALLERGENS**

Ce = Celery  
Cr = Crustacean  
E = Eggs

F = Fish  
G = Cereals  
containing Gluten  
L = Lupin  
Mk = Milk  
Mo = Molluscs

Mu = Mustard  
N = Nuts  
P = Peanuts  
Se = Sesame Seeds  
So = Soya  
Su = Sulphur Dioxide

# MENU WEEK 2

MON

TUES

WED

THUR

FRI



TRY SOMETHING NEW WITH  
OUR FLOURISH OF THE MONTH

## MAIN

LIVE YOUR BEST LUNCH!

Fajita spiced chicken with rice and broccoli

Classic Beef Burger  
(G,Su,Ce)  
Ketchup, chips, salad and coleslaw  
(E)

Sliced roast turkey, roast gravy, crispy roast potatoes and vegetables

Beef lasagne with salad garlic and rosemary ciabatta bread  
(G,Mk)

Breaded jumbo cod fish fingers  
(F,G)  
chips, peas and tartar sauce

## EDGY VEG

MEAT FREE FEASTS!

Veggie mince chilli con carne with rice and broccoli  
(So)

Veggie burger  
(G)  
chips, ketchup

Vegetarian toad in the hole, roast gravy, vegetables and crispy roast potatoes  
(G,E,Mk,So)

Mediterranean vegetable lasagne garlic and rosemary ciabatta bread and salad  
(G,Mk)

Spanakopita with chips  
(G,E,Mk)

## GLOBAL EATS

A WORLD OF FLAVOUR!

BBQ chicken pizza  
(G,Mk)

Pulled pork in a bun with slaw  
(G,E)

Spiced chicken and vegetable burrito with rice  
(G,Mk)

Jumbo hot dog  
(G,Su)

## PERFECT PUDS

SWEET TREAT!

Eves pudding with custard  
(G,Mk,E)

Vegetarian Jelly

Pear and apricot crumble served with cream  
(G,Mk)

Chocolate mousse with chocolate soil  
(G,Mk,E)

Steamed syrup sponge with custard  
(G,E,Mk)

SEPTEMBER  
FENNEL SEED

ITALIAN DAY  
THURSDAY 24TH

OCTOBER  
TURMERIC

INDIAN DAY  
THURSDAY 15TH

NOVEMBER  
CARDAMOM

BONFIRE NIGHT  
THURSDAY 5TH

DECEMBER  
GINNAMON

NATIONAL COOKIE DAY  
THURSDAY 3RD

LOOK  
OUT

w/c: 19<sup>th</sup> October, 9<sup>th</sup> November,  
30<sup>th</sup> November

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# MENU WEEK 3

MON

TUES

WED

THUR

FRI



TRY SOMETHING NEW WITH  
OUR FLAVOUR OF THE MONTH

## MAIN

LIVE YOUR BEST LUNCH!

Slow cooked shredded chicken in a tortilla wrap with rice and vegetables  
**(G)**

Pork sausages with creamy mashed potatoes, peas and carrots and gravy  
**(G,Mk,Su)**

Sliced roast beef with Yorkshire pudding, roast potatoes, vegetables and gravy

Pepperoni pizza with wedges, green beans and chef's salad  
**(G,Mk)**

Breaded fish fillet with chips, peas and tartar sauce  
**(G,F,E)**

## EDGY VEG

MEAT FREE FEASTS!

Spanish omelette with potatoes, cheddar and peas

Vegetarian sausages with creamy mashed potatoes, peas and carrots and gravy  
**(G,So,Mk)**

Roast vegetarian loaf, Yorkshire pudding, roast potatoes, vegetables and gravy  
**(G,E,Mk,Ce)**

Classic margarita pizza with wedges, green beans and chef's salad  
**(G,Mk)**

Cheese and red onion quiche with chips and peas  
**(G,E,Mk)**

## GLOBAL EATS

A WORLD OF FLAVOUR!

Penne pasta with a tomato and meatball sauce

Chilli beef buritto with rice and sour cream

Sweet and sour pork with vegetables and egg noodles  
**(G,E)**

Cajun chicken sandwich with salad and chunky salsa  
**(G,Mu)**

## PERFECT PUDS

SWEET TREAT!

Steamed ginger sponge with custard  
**(G,E,Mk)**

Vegetarian Jelly

Warm chocolate brownie with cream  
**(G,Mk,E)**

Lemon cheesecake  
**(G,Mk)**

Sticky toffee pudding with hot fudge  
**(G,Mk,E,Su)**

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FENNEL SEED 

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NOVEMBER

CARDAMOM 

BONFIRE NIGHT  
THURSDAY 5TH

DECEMBER

CINNAMON 

NATIONAL COOKIE DAY  
THURSDAY 3RD

LOOK  
OUT

w/c: 16<sup>th</sup> November, 7<sup>th</sup>  
December

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